



Virginia Department of Labor and Industry *Training Catalog* *2005 - 2006*



TRAINING LOCATIONS/DIRECTIONS		
<u>Augusta County Government Center</u> 18 Government Center Lane Verona, VA 24482	<u>DEQ – Glen Allen</u> 4949-A Cox Road Glen Allen, VA 23060	<u>DEQ – Lynchburg</u> 7705 Timberlake Road Lynchburg, VA 24502
<u>Fairfax County Bus Maintenance Facility</u> 6900 Newington Road Lorton, VA 22079	<u>Technology Transfer Center</u> 1230 Cedars Court, Suite B Charlottesville, VA 22903	<u>VDOT Abingdon Area Headquarters</u> 14381 Enterprise Road Abingdon, VA 24210
<u>VDOT Norfolk Residency Office</u> 1992 South Military Highway Chesapeake, VA 23320	<u>VDOT Richmond District Training Center</u> 2201 West Hundred Road Chester, VA 23831	<u>VDOT Salem District Auditorium</u> 731 Harrison Avenue Salem, VA 24153

VOSH 7505 – Accident Investigation (Introduction)

Course Description: Introduction to accident investigation provides an introduction to basic accident investigation procedures and describes accident analysis techniques. The goal of this 2-day course is to help participants gain the basic skills necessary to conduct an effective accident investigation at their workplace. The target audience is the small employer, manager, employee or employee representative who, as part of a firm's safety and health system, would be involved in conducting accident and/or near-miss investigations. Topics include the primary reasons for conducting an accident investigation, employer responsibilities related to workplace accident investigations, and a six-step accident investigation procedure. The course is set up as a facilitated, interactive training session focusing on class discussion and group activities designed to provide the basic information on accident investigation techniques and the methodology and the prevention of accidents. This course includes topics such as identification, examination, evaluation, and preservation of evidence; development of supportive documentation; and costs incurred from accidents. Case studies will be conducted during the presentation to further ensure each student's knowledge and understanding of this subject.

Course Length: 1 day

DATE	TIME	LOCATION
September 20, 2005	8:00 a.m. – 5:00 p.m.	VDOT Richmond District Training Center – Chester, VA
October 6, 2005	8:00 a.m. – 5:00 p.m.	Augusta County Government Center – Verona, VA
December 5, 2005	8:00 a.m. – 5:00 p.m.	VDOT Salem District Auditorium – Salem, VA
January 5, 2006	8:00 a.m. – 5:00 p.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
April 13, 2006	8:00 a.m. – 5:00 p.m.	VDOT Norfolk Residency Office – Chesapeake, VA

VOSH 3085 – Aerial Lift Devices & Scissors Lifts

Course Description: This course is designed to provide individuals with the working knowledge of how aerial lifts are to be properly operated in the workplace and that the appropriate safeguards are to be applied while they are being used. This course is recommended for managers, supervisors, and employees that use these types of devices.

Course Length: 4 Hours

DATE	TIME	LOCATION
October 5, 2005	1:00 p.m. – 5:00 p.m.	DEQ – Lynchburg, VA
October 18, 2005	8:00 a.m. – 12:00 p.m.	VDOT Norfolk Residency Office – Chesapeake, VA
March 1, 2006	8:00 a.m. – 12:00 p.m.	Technology Transfer Center – Charlottesville, VA
May 2, 2006	1:00 p.m. – 5:00 p.m.	DEQ – Glen Allen, VA

VOSH 7201 – Bloodborne Pathogens

Course Description: This course explains the regulatory measures required to protect employees from the hazards of occupational exposure to blood and other potentially infectious materials containing bloodborne pathogens, such as hepatitis B virus (HBV), and immunodeficiency virus (HIV). Topics of discussion will include applicable definitions, infection control, engineering and work practice controls, universal precautions, personal protective equipment, housekeeping, medical evaluations, warning signs, labels and labeling systems, and employee training.

Course Length: 4 Hours

DATE	TIME	LOCATION
December 14, 2005	1:00 p.m. – 5:00 p.m.	VDOT Abingdon Area Headquarters – Abingdon, VA
February, 14, 2006	8:00 a.m. – 12:00 p.m.	Technology Transfer Center – Charlottesville, VA
March 22, 2006	8:00 a.m. – 12:00 p.m.	VDOT Norfolk Residency Office – Chesapeake, VA
April 7, 2006	8:00 a.m. – 12:00 p.m.	Augusta County Government Center – Verona, VA
May 9, 2006	1:00 p.m. – 5:00 p.m.	DEQ – Lynchburg, VA

VOSH 8510 – Bloodborne Pathogen Seminar

Seminar Description: This seminar will explain the regulatory measures required to protect employees from the hazards of occupational exposure to blood and other potentially infectious materials containing bloodborne pathogens, such as hepatitis B virus (HBV), and immunodeficiency virus (HIV).

Seminar Length: 2 Hours

DATE	TIME	LOCATION
October 26, 2005	8:30 a.m. – 10:30 a.m.	VDOT Norfolk Residency Office– Chesapeake, VA
March 9, 2006	8:30 a.m. – 10:30 a.m.	VDOT Richmond District Training Center – Chester, VA
April 12, 2006	8:30 a.m. – 10:30 a.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
June 21, 2006	8:30 a.m. – 10:30 a.m.	DEQ – Lynchburg, VA

This Session is scheduled and held in conjunction with the following class and seminars:

VOSH 7512 – Personal Protective Equipment (PPE) Seminar
VOSH 8506 – Flammable Liquids Seminar
VOSH 8508 – Hazard Communication Seminar
VOSH 8509 – Introduction to Industrial Hygiene Seminar
VOSH 8511 – Machine Guarding Seminar
VOSH 8500 – OSHA General Industry 10-Hour Bridge Class

VOSH 7200 – Bloodborne Pathogen Exposure Control for Healthcare Facilities

Course Description: The purpose of this one-day course is to develop a Bloodborne Pathogens Exposure Plan for healthcare facilities using a step-by-step approach. Featured topics include an Introduction to the Bloodborne Pathogens Standard; the Exposure Control Plan; Exposure Determination; Methods of Control; Vaccinations and Evaluations; Training and Information; and Recordkeeping. The target audience is the program administrator, manager, or other personnel designated with the responsibility of developing a Bloodborne Pathogens Exposure Control Plan for a small healthcare facility.

Course Length: 1 day

DATE	TIME	LOCATION
December 22, 2006	8:00 a.m. – 5:00 p.m.	VDOT Richmond District Training Center – Chester, VA
January 11, 2006	8:00 a.m. – 5:00 p.m.	DEQ – Lynchburg, VA
January 17, 2006	8:00 a.m. – 5:00 p.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
March 7, 2006	8:00 a.m. – 5:00 p.m.	VDOT Norfolk Residency Office – Chesapeake, VA
May 10, 2006	8:00 a.m. – 12:00 p.m.	DEQ – Lynchburg, VA

VOSH 7300 – Confined Space Standard (OSHA's Permit-Required)

Course Description: This one-day course discusses the requirements of OSHA's permit-required confined space standard, 29 CFR 1910.146. It is designed for small employers or a designated representative (line supervisor or manager) with the responsibility to develop a permit space program. It covers OSHA's requirements but does not feature hands-on sections (instrumentation and control methods and testing), which are included in OSHA course #2260. Topics include: scope and definitions; general requirements; permit space program; training requirements; and employee roles and rescue.

Course Length: 1 day

DATE	TIME	LOCATION
November 1, 2005	8:00 a.m. – 5:00 p.m.	Augusta County Government Center – Verona, VA
November 9, 2005	8:00 a.m. – 5:00 p.m.	DEQ – Lynchburg, VA
January 31, 2006	8:00 a.m. – 5:00 p.m.	DEQ – Glen Allen, VA

VOSH 2035 – Electrical (Construction – §1926 Subpart “K”)

Course Description: This course is designed to explain safety standards specific to the construction industry. Topics include: cord-and plug-connected equipment, assured equipment grounding program, ground fault circuit interrupters, and portable generators. Construction specific work safety procedures will also be discussed.

Course Length: 4 Hours

DATE	TIME	LOCATION
November 29, 2005	8:00 a.m. – 12:00 p.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
December 15, 2005	1:00 p.m. – 5:00 p.m.	VDOT Abingdon Area Headquarters – Abingdon, VA
January 24, 2006	1:00 p.m. – 5:00 p.m.	Technology Transfer Center – Charlottesville, VA
February 7, 2006	1:00 p.m. – 5:00 p.m.	DEQ – Lynchburg, VA
March 21, 2006	8:00 a.m. – 12:00 p.m.	VDOT Norfolk Residency Office – Chesapeake, VA
April 4, 2006	8:00 a.m. – 12:00 p.m.	VDOT Salem District Auditorium – Salem, VA
June 28, 2006	1:00 p.m. – 5:00 p.m.	VDOT Richmond District Training Center – Chester, VA

VOSH 2030 – Electrical (General Industry – §1910 Subpart “S”)

Course Description: This course is designed to explain the safety standards specific to general industry. Topics included are: use of extension cords, safe electrical work procedures, ground fault protection, and electrical systems. This class is recommended for those that are involved in scheduling, supervising, and performing electrical work and repairs in the workplace.

Course Length: 4 Hours

DATE	TIME	LOCATION
January 18, 2006	1:00 p.m. – 5:00	DEQ – Glen Allen, VA
February 21, 2006	1:00 p.m. – 5:00 p.m.	DEQ – Lynchburg, VA
April 18, 2006	1:00 p.m. – 5:00 p.m.	VDOT Salem District Auditorium – Salem, VA
May 17, 2006	8:00 a.m. – 12:00 p.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
June 28, 2006	8:00 a.m. – 12:00 p.m.	VDOT Richmond District Training Center – Chester, VA

VOSH 7110 – Emergency Egress

Course Description: Designed to give basic awareness level skills, knowledge and understanding to those individuals who design, build and maintain work-place environments. Topics discussed will include exit routes, emergency action and fire prevention plans. This training is based upon the 29CFR Subpart E 1910.33 thru 1910.39 standards. The class will enable students to acquire the knowledge necessary to stay within the guidelines of this standard.

Course Length: 4 Hours

DATE	TIME	LOCATION
November 7, 2005	1:00 p.m. – 5:00 p.m.	Augusta County Government Center – Verona, VA
December 8, 2005	8:00 a.m. – 12:00 p.m.	DEQ – Lynchburg, VA

VOSH 7105 – Evacuation and Emergency Planning

Course Description: Evacuation and Emergency Planning focuses on OSHA requirements for emergency action plans and fire protection plans. Preparing for emergencies is a basic principle of workplace safety and health. Participants will learn: (1) reasons for emergency action plans and fire prevention plans and when they are required for a workplace; (2) elements of a good evacuation plan; and (3) features of design and maintenance of good exit routes. The optional session for this course will focus on assessment of risk for terrorist attacks and how to utilize OSHA's two matrices, evacuation planning and fire and explosion, as tools in planning for emergencies.

Course length: 1 day

DATE	TIME	LOCATION
December 1, 2005	8:00 a.m. – 5:00 p.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
May 3, 2006	8:00 a.m. – 5:00 p.m.	VDOT Richmond District Training Center – Chester, VA

VOSH 3010 – Excavation & Trenching Awareness (\$1926 Subpart “P”)

Course Description: This course is designed to teach participants the proper methodology to use when doing any excavation and covers the Standard §1926, Subpart “P”. Topics include: soil classification, shoring techniques, trench boxes, hydraulic bracing/shoring, the competent person, and hazards associated with most types of excavation work. Participants will be made aware of the uses of various techniques used to classify soil, learn the dynamics of ground excavation inspections, determine the use of safety systems (bracing/shoring), learn the hazards associated with excavation work, and discuss soil collapses (failures/cave-ins).

Course Length: 4 Hours

DATE	TIME	LOCATION
November 2, 2005	8:00 a.m. – 12:00 p.m.	Augusta County Government Center – Verona, VA
November 28, 2005	1:00 p.m. – 5:00 p.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
December 16, 2005	8:00 a.m. – 12:00 p.m.	VDOT Abingdon Area Headquarters – Abingdon, VA
February 13, 2006	1:00 p.m. – 5:00 p.m.	Technology Transfer Center – Charlottesville, VA
April 27, 2006	8:00 a.m. – 12:00 p.m.	DEQ – Lynchburg, VA

VOSH 7508 – Excavation & Trenching Seminar (\$1926 Subpart “P”)

Seminar Description: This seminar is designed to make participants aware of the proper methodology to use when doing any excavation, and covers the Standard §1926 Subpart “P”. Topics include: soil classification, shoring techniques, trench boxes, hydraulic bracing, competent person, and hazards associated with any type of excavation work. Participants will be made aware of the need for ground inspections, and of the hazards associated with excavation work; and discuss soil collapses (failures/cave-ins). This seminar explains the fundamental uses of protective systems and classification of soils, and differs from VOSH 3010 Course in the amount of detail used in the presentation of classification of soils and the types and uses of protective systems used in excavations.

Seminar Length: 2 Hours

DATE	TIME	LOCATION
December 20, 2005	2:30 p.m. – 4:30 p.m.	VDOT Richmond District Training Center – Chester, VA
February 8, 2006	2:30 p.m. – 4:30 p.m.	DEQ – Lynchburg, VA
April 5, 2006	2:30 p.m. – 4:30 p.m.	Augusta County Government Center – Verona, VA
June 14, 2006	2:30 p.m. – 4:30 p.m.	VDOT Salem District Auditorium – Salem, VA

This Session is scheduled and held in conjunction with the following class and seminars:

VOSH 7510 – Hand & Portable Tool Seminar
VOSH 7507 – Material Handling Seminar
VOSH 7500 – OSHA Construction 10-Hour Bridge Class
VOSH 7512 – Personal Protective Equipment (PPE) Seminar
VOSH 7511 – Scaffolding Seminar
VOSH 7506 – Stairway & Ladder Seminar

VOSH 3110 – Fall Protection

Course Description: The course is designed to familiarize participants with slip, trip and fall hazards, and will increase employee awareness of the need for good housekeeping on the construction site, and the methods for reporting, eliminating or controlling those known hazards.

Course Length: 4 Hours

DATE	TIME	LOCATION
November 4, 2005	8:00 a.m. – 12:00 p.m.	Augusta County Government Center – Verona, VA
November 30, 2005	8:00 a.m. – 12:00 p.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
December 7, 2005	8:00 a.m. – 12:00 p.m.	DEQ – Lynchburg, VA
January 25, 2006	1:00 p.m. – 5:00 p.m.	Technology Transfer Center – Charlottesville, VA
March 29, 2006	8:00 a.m. – 12:00 p.m.	VDOT Norfolk Residency Office – Chesapeake, VA

VOSH 8506 – Flammable Liquids Seminar

Seminar Description: This seminar is designed to provide participants with general knowledge in working around and with flammable and combustible liquids. This seminar will increase employee awareness of the hazards of flammable liquids, waste materials, and storage of flammable and combustible materials.

Seminar Length: 1 Hour

DATE	TIME	LOCATION
October 25, 2005	8:30 a.m. – 9:30 a.m.	VDOT Norfolk Residency Office – Chesapeake, VA
March 8, 2006	8:30 a.m. – 9:30 a.m.	VDOT Richmond District Training Center – Chester, VA
April 11, 2006	8:30 a.m. – 9:30 a.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
June 20, 2006	8:30 a.m. – 9:30 a.m.	DEQ – Lynchburg, VA

This Session is scheduled and held in conjunction with the following class and seminars:

VOSH 7512 – Personal Protective Equipment (PPE) Seminar
VOSH 8510 – Bloodborne Pathogen Seminar
VOSH 8508 – Hazard Communication Seminar
VOSH 8509 – Introduction to Industrial Hygiene Seminar
VOSH 8511 – Machine Guarding Seminar
VOSH 8500 – OSHA General Industry 10-Hour Bridge Class

VOSH 2420 – Hand & Portable Power Tools

Course Description: This course will provide the basic information related to tool safety, proper use and inspection. Topics of discussion will include the daily inspection process required by the current standard as well as the necessary documentation needed to show the "out of service" program required for employee safety.

Course Length: 4 Hours

DATE	TIME	LOCATION
December 15, 2005	8:00 - 12:00 p.m.	VDOT Abingdon Area Headquarters – Abingdon, VA
April 19, 2006	1:00 p.m. – 5:00 p.m.	Technology Transfer Center – Charlottesville, VA
May 16, 2006	1:00 p.m. – 5:00 p.m.	Fairfax County Bus Maintenance Facility – Lorton, VA

VOSH 7510 – Hand & Portable Power Tools Seminar

Course Description: This seminar will provide the basic information related to tool safety, proper use and inspection. Topics of discussion will include the daily inspection process required by the current standard as well as the necessary documentation needed to show the "out of service" program required for employee safety.

Seminar Length: 1 Hour

DATE	TIME	LOCATION
December 20, 2005	1:30 p.m. – 2:30 p.m.	VDOT Richmond District Training Center – Chester, VA
February 8, 2006	1:30 p.m. – 2:30 p.m.	DEQ – Lynchburg, VA
April 5, 2006	1:30 p.m. – 2:30 p.m.	Augusta County Government Center – Verona, VA
June 14, 2006	1:30 p.m. – 2:30 p.m.	VDOT Salem District Auditorium – Salem, VA

This Seminar is scheduled and held in conjunction with the following class and seminars:

VOSH 7508 – Excavation & Trenching Seminar
VOSH 7507 – Material Handling Seminar
VOSH 7500 – OSHA Construction 10-Hour Bridge Class
VOSH 7512 – Personal Protective Equipment (PPE) Seminar
VOSH 7511 – Scaffolding Seminar
VOSH 7506 – Stairway & Ladder Seminar

VOSH 1200 – Hazard Communication

Course Description: This course is designed to provide Managers, Supervisors, and Employees with information necessary to establish Hazard Communication Programs. It will make them aware that they have both a need and a right to know of the hazards and identities of the chemicals to which they are exposed to in the work environment, and the necessary protective measures to prevent injury or illness. It will assist them in developing an effective Hazard Communication Program by identifying, explaining, and using the four elements of the rule for the purpose of informing employees of the hazards, identities, and protective measures to prevent injury or illness.

Course Length: 4 Hours

DATE	TIME	LOCATION
November 2, 2005	1:00 p.m. – 5:00 p.m.	Augusta County Government Center – Verona, VA
November 10, 2005	8:00 a.m. – 12:00 p.m.	DEQ – Lynchburg, VA
December 13, 2005	1:00 p.m. – 5:00 p.m.	VDOT Abingdon Area Headquarters – Abingdon, VA
February 15, 2006	8:00 a.m. – 12:00 p.m.	DEQ – Glen Allen, VA
May 16, 2006	8:00 a.m. – 12:00 p.m.	Fairfax County Bus Maintenance Facility – Lorton, VA

VOSH 8508 – Hazard Communication Seminar

Seminar Description: This seminar is designed to provide Managers, Supervisors, and Employees with information concerning the need for Hazard Communication Programs. It will make them aware that they have both a need and a right to know of the hazards and identities of the chemicals to which they are exposed to in the work environment, and the necessary protective measures to prevent injury or illness.

Seminar Length: 1 Hour

DATE	TIME	LOCATION
October 25, 2005	9:30 a.m. – 10:30 a.m.	VDOT Norfolk Residency Office – Chesapeake, VA
March 8, 2006	9:30 a.m. – 10:30 a.m.	VDOT Richmond District Training Center – Chester, VA
April 11, 2006	9:30 a.m. – 10:30 a.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
June 20, 2006	9:30 a.m. – 10:30 a.m.	DEQ – Lynchburg, VA

This Session is scheduled and held in conjunction with the following class and seminars:

VOSH 7512 – Personal Protective Equipment (PPE) Seminar
VOSH 8510 – Bloodborne Pathogen Seminar
VOSH 8506 – Flammable Liquids Seminar
VOSH 8509 – Introduction to Industrial Hygiene Seminar
VOSH 8511 – Machine Guarding Seminar
VOSH 8500 – OSHA General Industry 10-Hour Bridge Class

VOSH 315 – Housekeeping (Walking-Working Surfaces)

Course Description: This course will provide information under the walking-working standard, 29CFR Subpart D 1910.21 thru 1910.24, giving the participant knowledge of the requirements and how to properly maintain walking-working surfaces. 29 CFR 1910.22 has specific housekeeping requirements that all employers must follow.

Course Length: 4 Hours

DATE	TIME	LOCATION
April 26, 2006	8:00 a.m. – 12:00 p.m.	DEQ – Lynchburg, VA
June 27, 2006	1:00 p.m. – 5:00 p.m.	DEQ – Glen Allen, VA

VOSH 8509 – Introduction to Industrial Hygiene Seminar

Seminar Description: The main focus of this seminar is to make individuals aware of the role that Industrial Hygiene plays in the workplace. It will provide awareness of the techniques used to ensure that the workplace is made as free from hazards as possible and some of the procedures that are used in order to accomplish that task.

Seminar Length: 1 Hour

DATE	TIME	LOCATION
October 25, 2005	10:30 a.m. – 11:30 a.m.	VDOT Norfolk Residency Office – Chesapeake, VA
March 8, 2006	10:30 a.m. – 11:30 a.m.	VDOT Richmond District Training Center – Chester, VA
April 11, 2006	10:30 a.m. – 11:30 a.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
June 20, 2006	10:30 a.m. – 11:30 a.m.	DEQ – Lynchburg, VA

This Session is scheduled and held in conjunction with the following class and seminars:

VOSH 7512 – Personal Protective Equipment (PPE) Seminar
VOSH 8510 – Bloodborne Pathogen Seminar
VOSH 8506 – Flammable Liquids Seminar
VOSH 8508 – Hazard Communication Seminar
VOSH 8511 – Machine Guarding Seminar
VOSH 8500 – OSHA General Industry 10-Hour Bridge Class

VOSH 3095 – Lockout/Tagout (LOTO)

Course Description: This course will provide the necessary information as it relates to 29 CFR 1910.147. Participants will be involved in discussion pertaining to the control of hazardous energy, procedures, protective measures, inspections, training and communications.

Course Length: 4 Hours

DATE	TIME	LOCATION
April 27, 2006	1:00 p.m. – 5:00 p.m.	DEQ – Lynchburg, VA
June 27, 2006	8:00 a.m. – 12:00 p.m.	DEQ – Glen Allen, VA

VOSH 3070 – Logging Operations (General Industry – §1910.266 Subpart “R”)

Course Description: This course is designed for Managers, Supervisors, and employees that work in an area where trees are cut down without regard to the end use of the timber. It provides the requirements for those involved with this industry, and also gives guidance as to the industry requirements for the use or various pieces of equipment.

Course Length: 4 Hours

DATE	TIME	LOCATION
December 14, 2005	8:00 a.m. – 12:00 p.m.	VDOT Abingdon Area Headquarters – Abingdon, VA
February 16, 2006	1:00 p.m. – 5:00 p.m.	VDOT Richmond District Training Center – Chester, VA
March 14, 2006	1:00 p.m. – 5:00 p.m.	DEQ – Lynchburg, VA

VOSH 2040 - Machinery & Machine Guarding

Course Description: The main focus of this course is to increase the participant's knowledge and skill in proper machine safeguarding techniques and to highlight the benefits of guarding various types of machinery. It is the employer's responsibility to identify and select the safeguard necessary to protect employees and others in the work area, as well as to provide appropriate training in safe work practices. Knowing when and how to properly safeguard machinery can reduce or eliminate the potential for accidents and injuries.

Course Length: 4 Hours

DATE	TIME	LOCATION
November 4, 2005	8:00 a.m. – 12:00 p.m.	Augusta County Government Center – Verona, VA
November 30, 2005	1:00 p.m. – 5:00 p.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
December 13, 2005	8:00 a.m. – 12:00 p.m.	VDOT Abingdon Area Headquarters – Abingdon, VA
February 16, 2006	8:00 a.m. – 12:00 p.m.	VDOT Richmond District Training Center – Chester, VA
March 15, 2006	8:00 a.m. – 12:00 p.m.	DEQ – Lynchburg, VA
April 19, 2006	8:00 a.m. – 12:00 p.m.	Technology Transfer Center – Charlottesville, VA
May 2, 2006	8:00 a.m. – 12:00 p.m.	DEQ – Glenn Allen, VA

VOSH 8511 - Machine Guarding Seminar

Seminar Description: The main focus of this seminar is to increase the participant's knowledge in proper machine safeguarding techniques and to highlight the benefits of guarding various types of machinery. It is the employer's responsibility to identify and select the safeguard necessary to protect employees and others in the work area, as well as to provide appropriate training in safe work practices.

Seminar Length: 2 Hours

DATE	TIME	LOCATION
October 25, 2005	2:30 p.m. – 4:30 p.m.	VDOT Norfolk Residency Office – Chesapeake, VA
March 8, 2006	2:30 p.m. – 4:30 p.m.	VDOT Richmond District Training Center – Chester, VA
April 11, 2006	2:30 p.m. – 4:30 p.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
June 20, 2006	2:30 p.m. – 4:30 p.m.	DEQ – Lynchburg, VA

This Session is scheduled and held in conjunction with the following class and seminars:

VOSH 7512 – Personal Protective Equipment (PPE) Seminar
VOSH 8510 – Bloodborne Pathogen Seminar
VOSH 8506 – Flammable Liquids Seminar
VOSH 8508 – Hazard Communication Seminar
VOSH 8509 – Introduction to Industrial Hygiene Seminar
VOSH 8500 – OSHA General Industry 10-Hour Bridge Class

VOSH 2080 – Materials Handling

Course Description: This course is designed to show the application of the Material Handling requirements within the standard. Each section of the standard(s) will be discussed along with its application to and relationship to other parts of the standard(s).

Course Length: 4 Hours

DATE	TIME	LOCATION
January 18, 2006	8:00 a.m. – 12:00 p.m.	DEQ – Glen Allen, VA
January 25, 2006	8:00 a.m. – 12:00 p.m.	Technology Transfer Center – Charlottesville, VA
March 15, 2006	1:00 p.m. – 5:00 p.m.	DEQ – Lynchburg, VA
April 4, 2006	1:00 p.m. – 5:00 p.m.	VDOT – Salem District Auditorium, Salem, VA

VOSH 7507 – Materials Handling Seminar

Seminar Description: This seminar is designed to show the application of the Material Handling requirements within the standard. Each section of the standard(s) will be discussed along with its application to and relationship to other parts of the standard(s).

Seminar Length: 1 Hour

DATE	TIME	LOCATION
December 20, 2005	10:30 a.m. – 11:30 a.m.	VDOT Richmond District Training Center – Chester, VA
February 8, 2006	10:30 a.m. – 11:30 a.m.	DEQ – Lynchburg, VA
April 5, 2006	10:30 a.m. – 11:30 a.m.	Augusta County Government Center – Verona, VA
June 14, 2006	10:30 a.m. – 11:30 a.m.	VDOT – Salem District Auditorium, Salem, VA

This Seminar is scheduled and held in conjunction with the following class and seminars:

VOSH 7508 – Excavation & Trenching Seminar
VOSH 7510 – Hand & Portable Tool Seminar
VOSH 7500 – OSHA Construction 10-Hour Bridge Class
VOSH 7512 – Personal Protective Equipment (PPE) Seminar
VOSH 7511 – Scaffolding Seminar
VOSH 7506 – Stairway & Ladder Seminar

VOSH 7400 – Noise in Construction

Course Description: The primary objective of this one-day course is to increase the participant's knowledge and skill in construction noise control. Classroom demonstrations of noise instrumentation and hearing protection devices are featured. Topics include: properties of sound; noise-induced hearing loss; OSHA's construction industry noise standards; sound level meters and noise dosimeters; and construction noise exposure control. The target audience is the small employer or a representative (e.g., line supervisor or manager) designated with the responsibility to develop a construction noise program.

Course Length: 1 day

DATE	TIME	LOCATION
September 21, 2005	8:30 a.m. – 4:30 p.m.	VDOT Richmond District Training Center, Chester, VA

VOSH 7500 – OSHA Construction Bridge Course for a Construction Course Completion Card 10-Hour

Course Description: The main focus of this course is to provide a bridging mechanism to receive an OSHA 10 Hour Construction Course Completion Card for those individuals that have completed the necessary training. Each individual must have previously completed all of the following VOSH classes: VOSH 7506 – Stairways and Ladders, VOSH 7507 – Material Handling, VOSH 7508 – Excavation & Trenching, VOSH 7510 – Hand & Portable Power Tools, VOSH 7511 – Scaffolding, VOSH 7512 – Personal Protective Equipment (PPE) that are offered by this agency, and are applicable to the §1926 Standard.

Course Length: 4 hours

DATE	TIME	LOCATION
December 21, 2005	10:30 a.m. – 4:30 p.m.	VDOT Richmond District Training Center – Chester, VA
February 22, 2006	10:30 a.m. – 4:30 p.m.	DEQ – Lynchburg, VA
April 6, 2006	10:20 a.m. – 4:30 p.m.	Augusta County Government Center – Verona, VA
June 15, 2006	10:30 a.m. – 4:30 p.m.	VDOT Salem District Auditorium – Salem, VA

This Class is scheduled and held in conjunction with the following seminars:

VOSH 7508 – Excavation & Trenching Seminar
VOSH 7510 – Hand & Portable Tool Seminar
VOSH 7507 – Material Handling Seminar
VOSH 7512 – Personal Protective Equipment (PPE) Seminar
VOSH 7511 – Scaffolding Seminar
VOSH 7506 – Stairway & Ladder Seminar

VOSH 8500 – OSHA General Industry Bridge Course for a General Industry Course Completion Card 10-Hour

Course Description: The main focus of this course is to provide students the necessary training to receive an OSHA 10 Hour General Industry Course Completion Card if they have completed, or are scheduled to complete any of the following VOSH classes: VOSH 7005 – Public Warehousing and Storage, VOSH 7105 – Evacuation and Emergency Planning, VOSH 7200 – Bloodborne Pathogen Exposure Control for Healthcare Facilities, or have completed or are scheduled to complete all of the following VOSH Classes: VOSH 7512 – Personal Protective Equipment (PPE), VOSH 8506 – Flammable Liquids, VOSH 8508 – Hazard Communication, VOSH 8509 – Introduction to Industrial Hygiene, VOSH 8510 – Bloodborne Pathogens, VOSH 8511 – Machine Guarding that are offered by this agency, and are in the §1910 Standard.

Course Length: 4 hours

DATE	TIME	LOCATION
October 26, 2005	10:30 a.m. – 4:30 p.m.	VDOT Norfolk Residency Office – Chesapeake, VA
March 9, 2006	10:30 a.m. – 4:30 p.m.	VDOT Richmond District Training Center – Chester, VA
March 22, 2006	1:00 p.m. – 5:00 p.m.	VDOT Norfolk Residency Office – Chesapeake, VA
April 12, 2006	10:30 a.m. – 4:30 p.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
April 26, 2006	1:00 p.m. – 5:00 p.m.	DEQ – Lynchburg, VA
May 17, 2005	1:00 p.m. – 5:00 p.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
June 21, 2006	10:30 a.m. – 4:30 p.m.	DEQ – Lynchburg, VA
June 29, 2006	8:00 – 12:00 p.m.	VDOT Richmond District Training Center – Chester, VA

This Session is scheduled and held in conjunction with the following class and seminars:

VOSH 7512 – Personal Protective Equipment (PPE) Seminar
VOSH 8510 – Bloodborne Pathogen Seminar
VOSH 8506 – Flammable Liquids Seminar
VOSH 8508 – Hazard Communication Seminar
VOSH 8509 – Introduction to Industrial Hygiene Seminar
VOSH 8511 – Machine Guarding Seminar
VOSH 7005 – Public Warehousing & Storage
VOSH 7105 – Evacuation & Emergency Planning
VOSH 7200 – Bloodborne Pathogen Exposure Control for Healthcare Facilities

VOSH 510 – Occupational Safety and Health Standards for Construction

Course Description: This course for private sector personnel covers OSHA policies, procedures, and standards, as well as construction safety and health principles. Topics include scope and application of the OSHA construction standards. Special emphasis is placed on those areas that are the most hazardous, using OSHA standards as a guide. Upon successful course completion, the student will receive an OSHA construction safety and health 30-hour course completion card. This course is for personnel who will not be conducting training sessions. To receive the Course Completion Card for attending this course, *each student must attend training on all of the dates indicated on the schedule. You must be pre-registered to attend this course.*

Course Length: 5 Days

DATES	TIME	LOCATION
January 26, 2006 February 28, 2006 March 23, 2006 April 20, 2006 May 18, 2006	8:30 a.m. – 4:30 p.m. each day	Technology Transfer Center – Charlottesville, VA

VOSH 511 – Occupational Safety and Health Standards for General Industry

Course Description: This course covers OSHA policies, procedures, and standards, as well as general industry safety and health principles. Topics include scope and application of the OSHA general industry standards. Special emphasis is placed on those areas that are the most hazardous, using OSHA standards as a guide. Upon successful course completion, the student will receive an OSHA general industry safety and health 30-hour course completion card. This course is for personnel who will not be conducting training sessions. To receive the Course Completion Card for attending this course, *each student must attend training on all of the dates indicated on the schedule. You must be pre-registered to attend this course.*

Course Length: 5 Days

DATES	TIME	LOCATION
January 19, 2006 February 2, 2006 March 2, 2006 March 30, 2006 May 4, 2006	8:30 a.m. – 4:30 p.m. each day	VDOT Richmond District Training Center – Chester, VA

VOSH 2200 – Personal Protective Equipment (PPE)

Course Description: This course will explain the requirements of the OSHA standard for the selection, use, care and maintenance of personal protective equipment used to protect employees. There will be discussions on the selection, design and application of various types of protective equipment and of their limitations.

Course Length: 4 Hours

DATE	TIME	LOCATION
December 7, 2005	1:00 p.m. – 5:00 p.m.	DEQ – Lynchburg, VA
January 24, 2006	8:00 a.m. – 12:00 p.m.	Technology Transfer Center – Charlottesville, VA
February 15, 2006	1:00 p.m. – 5:00 p.m.	DEQ – Glen Allen, VA
March 21, 2006	1:00 p.m. – 5:00 p.m.	VDOT Norfolk Residency Office – Chesapeake, VA

VOSH 7512 – Personal Protective Equipment (PPE) Seminar

Seminar Description: This seminar provides an overview of the requirements of the OSHA standard for the selection, use, care and maintenance of personal protective equipment used to protect employees. There will be some discussions on the selection, design and application of various types of protective equipment and of their limitations.

Seminar Length: 1 Hour

DATE	TIME	LOCATION
October 25, 2005	12:30 p.m. – 1:30 p.m.	VDOT Norfolk Residency Office – Chesapeake, VA
December 20, 2005	8:30 a.m. – 9:30 a.m.	VDOT Richmond District Training Center – Chester, VA
February 8, 2006	8:30 a.m. – 9:30 a.m.	DEQ – Lynchburg, VA
March 8, 2006	12:30 p.m. – 1:30 p.m.	VDOT Richmond District Training Center – Chester, VA
April 5, 2006	8:30 a.m. – 9:30 a.m.	Augusta County Government Center – Verona, VA
April 11, 2006	12:30 p.m. – 1:30 p.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
June 14, 2006	8:30 a.m. – 9:30 a.m.	VDOT Salem District Auditorium – Salem, VA
June 20, 2006	12:30 p.m. – 1:30 p.m.	DEQ – Lynchburg, VA

This Seminar is scheduled and held in conjunction with the following class and seminars:

VOSH 7508 – Excavation & Trenching Seminar
VOSH 7510 – Hand & Portable Tool Seminar
VOSH 7507 – Material Handling Seminar
VOSH 7500 – OSHA Construction 10-Hour Bridge Class
VOSH 7511 – Scaffolding Seminar
VOSH 7506 – Stairway & Ladder Seminar

VOSH 7845 – Recordkeeping

Course Description: The course is designed for the person who maintains the injury and illness records. This 6-hour course is designed to assist employers in identifying and fulfilling their responsibilities for posting certain records, maintaining records of illnesses and injuries, and reporting specific cases to OSHA. Several practice sessions are included. Students who successfully complete this course will be able to identify and perform the OSHA requirements for recordkeeping, posting, and reporting and to complete OSHA forms 300, 300A, and 301.

Course Length: 6 hours

DATE	TIME	LOCATION
January 13, 2006	8:00 a.m. – 3:00 p.m.	VDTO Abingdon Area Headquarters – Abingdon, VA
January 20, 2006	8:00 a.m. – 3:00 p.m.	VDOT Richmond District Training Center – Chester, VA
January 27, 2006	8:00 a.m. – 3:00 p.m.	Technology Transfer Center – Charlottesville, VA
February 3, 2006	8:00 a.m. – 3:00 p.m.	VDOT Norfolk Residency – Chesapeake, VA
February 10, 2006	8:00 a.m. – 3:00 p.m.	VDOT Salem District Auditorium – Salem, VA
February 17, 2006	8:00 a.m. – 3:00 p.m.	Augusta County Government Center – Verona, VA
February 24, 2006	8:00 a.m. – 3:00 p.m.	Fairfax County Bus Maintenance Facility – Lorton, VA

VOSH 3080 – Scaffolding

Course Description: This course is designed to show the application of the Scaffolding standard to particular jobs. Each section of the standard will be discussed along with its application to field erected scaffolds. Topics included are requirements of the competent person, erection & disassembly, inspections, and employee training with emphasis on documentation of inspections and training.

Course Length: 4 Hours

DATE	TIME	LOCATION
October 18, 2005	1:00 p.m. – 5:00 p.m.	VDOT Norfolk Residency Office – Chesapeake, VA
November 29, 2005	1:00 p.m. – 5:00 p.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
January 10, 2006	1:00 p.m. – 5:00 p.m.	DEQ – Lynchburg, VA
April 18, 2006	8:00 a.m. – 12:00 p.m.	VDOT Salem District Auditorium – Salem, VA

VOSH 7511 – Scaffolding Seminar

Seminar Description: This seminar is designed to show the application of the Scaffolding standard. Each section of the standard will be discussed along with its application to field erected scaffolds. Some of the topics included are requirements of the competent person, erection & disassembly, inspections, and employee training with emphasis on documentation of inspections and training.

Seminar Length: 1 Hour

DATE	TIME	LOCATION
December 20, 2005	9:30 a.m. – 10:30 a.m.	VDOT Richmond District Training Center – Chester, VA
February 8, 2006	9:30 a.m. – 10:30 a.m.	DEQ – Lynchburg, VA
April 5, 2006	9:30 a.m. – 10:30 a.m.	Augusta County Government Center – Verona, VA
June 14, 2006	9:30 a.m. – 10:30 a.m.	VDOT Salem District Auditorium – Salem, VA

This Session is scheduled and held in conjunction with the following class and seminars:

VOSH 7508 – Excavation & Trenching Seminar
VOSH 7510 – Hand & Portable Tool Seminar
VOSH 7507 – Material Handling Seminar
VOSH 7500 – OSHA Construction 10-Hour Bridge Class
VOSH 7512 – Personal Protective Equipment (PPE) Seminar
VOSH 7506 – Stairway & Ladder Seminar

VOSH 7506 – Stairway & Ladder Seminar

Seminar Description: This seminar is designed to show the application for the use of Stairways and ladders under the construction standard. The section of the standard will be discussed along with its application to the use of stairways and ladders. Some of the topics included are requirements for landings on stairways and the proper utilization of ladders.

Seminar Length: 2 Hours

DATE	TIME	LOCATION
December 21, 2005	8:30 a.m. – 10:30 a.m.	VDOT Richmond District Training Center – Chester, VA
February 22, 2006	8:30 a.m. – 10:30 a.m.	DEQ – Lynchburg, VA
April 6, 2006	8:30 a.m. – 10:30 a.m.	Augusta County Government Center – Verona, VA
June 15, 2006	8:30 a.m. – 10:30 a.m.	VDOT Salem District Auditorium – Salem, VA

This Session is scheduled and held in conjunction with the following class and seminars:

VOSH 7508 – Excavation & Trenching Seminar
VOSH 7510 – Hand & Portable Tool Seminar
VOSH 7507 – Material Handling Seminar
VOSH 7500 – OSHA Construction 10-Hour Bridge Class
VOSH 7512 – Personal Protective Equipment (PPE) Seminar
VOSH 7511 – Scaffolding Seminar

VOSH 7005 – Warehousing and Storage

Course Description: This one-day course is designed as a training course for warehouse workers and will focus on many hazards and injuries that are likely to be encountered in warehouse operations. It has been shown that warehousing has become an increasingly hazardous area to work in. OSHA has identified Public Storage and Warehousing as one of seven industries with a high lost time rate. Injuries may occur from forklifts; material handling and lifting; exposure to hazardous substances; and slips, trips and falls. The course will discuss: powered industrial trucks; material handling/lifting/ergonomics; hazard communication; walking and working surfaces; and exit routes and fire protection.

Course Length: 1 day

DATE	TIME	LOCATION
November 3, 2005	8:00 a.m. – 5:00 p.m.	VDOT Salem District Auditorium – Salem, VA
January 4, 2006	8:00 a.m. – 5:00 p.m.	Fairfax County Bus Maintenance Facility – Lorton, VA
March 28, 2006	8:00 a.m. – 5:00 p.m.	VDOT Norfolk Residency Office – Chesapeake, VA
April 25, 2006	8:00 a.m. – 5:00 p.m.	VDOT Richmond District Training Center – Chester, VA
June 13, 2006	8:00 a.m. – 5:00 p.m.	VDOT Abingdon Area Headquarters – Abingdon, VA

VOSH 3020 – Welding, Cutting, & Brazing Safety Awareness

Course Description: This course is designed to provide supervisors and individual employees with the working knowledge required to comply with the OSHA Standards relating to the welding safe work practices required in Construction and General Industry.

Course Length: 4 Hours

DATE	TIME	LOCATION
December 7, 2005	1:00 p.m. – 5:00 p.m.	DEQ – Lynchburg, VA

Virginia Department of Labor and Industry

13 South Thirteenth Street, Richmond, Virginia 23219

CONSULTATION TRAINING

REGISTRATION FORM

PERSONAL INFORMATION				
First Name:	Last Name:	Middle Initial:	Suffix: (i.e.: Jr., Sr., II, III)	
Work Title:				
COMPANY/ORGANIZATION INFORMATION				
Company/Organization Name:				
Co. Address 1: (Street Address)		Co. Address 2: (Bldg. No., Suite No.)		City:
				State:
				Zip Code:
Work Phone:	Extension: (if any)	Mobile Number:	Fax Number:	
()		()	()	
E-mail Address:				

CLASS IDENTIFICATION (see [course listings](#) on the web)

COURSE NUMBER	DESCRIPTION	LOCATION	DATE	*TIME

For special training needs, please contact Nick Hart at (804) 692-0096, consultationtraining@doli.virginia.gov.

Instructions:

1. Please complete registration legibly. (*We would like to ensure that your name is printed accurately on your certificate*).
2. Type in or write down the date and time of the courses you would like to attend.
3. Press the "Tab" key to go to the next field.
4. Save this form as "lastname_trainingregistration.doc" in your computer.
5. Send the completed form to: (Attention: Consultation Training)

E-mail: consultationtraining@doli.virginia.gov

or Fax: (804) 786-8418